



# DENTAL HEALTH LETTER

Produced for the  
patients of  
Catherine L.  
Forster, D.D.S.

Spring 2007

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## Implants— Let us show you your new smile

Considering implants? If you are, you probably want to know all about the procedure. The more you know about how implants are done and what they will look like, the more confident you will be about the procedure and the expected results. Because we want you to look and feel your best, we'd love for those of you who are considering implants to take advantage of this revolutionary new technology.

There are many advantages to having implants—whether to replace a few missing teeth or a complete upper and/or lower denture. First, they both look and feel like natural teeth, so they don't interfere with speaking or eating. With implants, you should be able to eat most of the same foods you did when you had all your own teeth, and many patients find their digestion improves, as they are able to chew food thoroughly once again. Since there's no chance of implants slipping, you should feel confident smiling and speaking as well.

Surgery for implants may be done in two or three steps. First, the titanium anchors are placed. These are given time to integrate with the bone. In other systems, the teeth are fitted in the second surgery. With some systems, a third procedure adds the posts that will hold the teeth. Which type is done will depend on what is best for your situation. The surgeon may use a general or local anesthesia.

Implant technology gives us precise measurements, which allow us to plan your implant treatment carefully and assure that it can be completed successfully. Not only can we show you what your new smile will look like, we can view your jaw in a three-dimensional graphic that shows us the dimensions we'll be working with in placing your new teeth with the greatest possible accuracy. This makes the entire process go more smoothly and easily for both us and you. Come and see what implant technology could do for your smile. We bet it will change your life for the better.

## Considering implants?

We invite you to  
take advantage of  
this revolutionary new  
technology.



**Our best patients are referred by our best patients. Thank you!**



**Taking special care of one's dental health is part of the treatment plan, along with controlling blood sugar and getting regular exercise.**

## Special treatment

### *Diabetes and dental health*

A diagnosis of diabetes means much more than just changing one's diet. Diabetes is a comprehensive disease that affects the eyes, the feet, and the teeth—among other body parts and functions. People who learn that they have diabetes might not think that it will affect their gums, but it will. Taking special care of one's dental health will become part of a treatment plan, along with controlling blood sugar and getting regular exercise.

Among the many dental problems associated with diabetes are dry mouth, gingivitis, and gum recession. Diabetics are more prone to infection, so periodontal disease is more of a threat. Dry mouth, which means there's less saliva to wash away debris on which bacteria feed, can lead to an increased risk of decay as well.

When diabetes is diagnosed, your dentist should be among the first health-care professionals notified. We can help to develop a care system that will encompass the things you need to do to keep your teeth and gums healthy in spite of the diagnosis. Attention must be paid to brushing after each meal, flossing daily, and being aware of periodontal status. Together, we can keep your mouth healthy even when diabetes is present.

## Fear of the dentist RUINING YOUR SMILE?

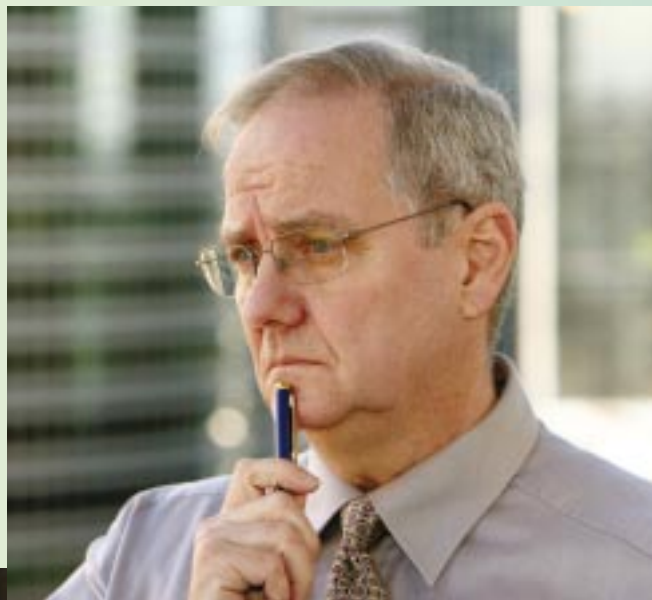
Dental anxiety can keep someone from obtaining the dental care he or she needs. This can affect enjoyment of food, the ease with which one smiles, and speech; it can also be downright painful. That's unfortunate, because modern dental techniques can minimize discomfort.

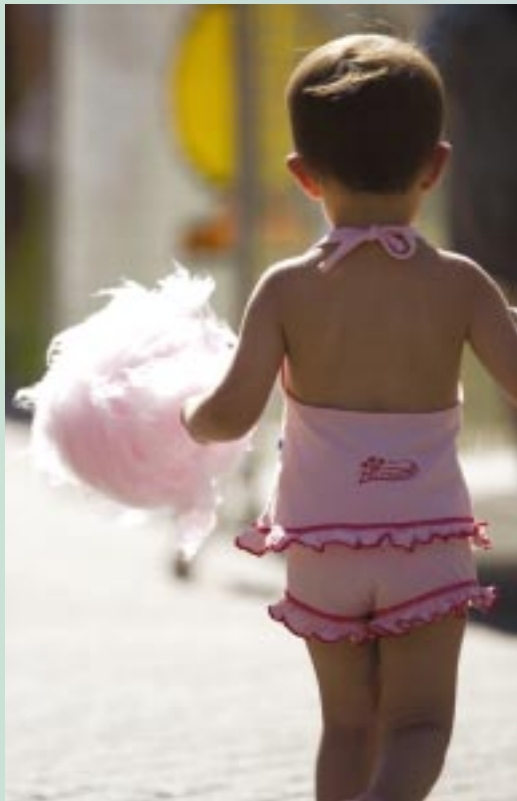
We can help relieve anxiety with ways of both diagnosing and treating dental problems that allay fear. It begins with being open. We'll be happy to talk with you about what makes you uncomfortable, the methods we have for minimizing discomfort, and the ways we can adjust treatment to meet specific needs. We're here to help.

When you call for an appointment, we can schedule it at a time when we are less busy so that we can give you the extra attention you need. Regular dental treatment should not be avoided; regularly scheduled appointments are important in helping to prevent the need for restorations. We want to help patients keep their teeth—regular cleanings and checkups will help make that a reality.

Dental anxiety is nothing to be laughed at. It can be a serious problem that can keep someone from getting the dental treatment they need. The good news is that there are many ways to alleviate dental fear and save teeth that might otherwise be lost. We hope that anyone who suffers from dental anxiety, or knows someone who does, will give us a chance to introduce our gentle dental treatment program, which can help patients overcome fear and receive preventive and restorative care.

**We can help relieve anxiety with ways of both diagnosing and treating dental problems that allay fear.**





## “OUCH! I’ve bitten my tongue!”

**A**t that moment, the pain is excruciating! If it’s a minor bite, within a few minutes the discomfort subsides. However, more serious bites can occur. That can be especially true when the bite is the result of a sports activity, a fall, or some other type of accident.

When a bitten tongue is serious, ice or cold compresses should be applied. Persistent bleeding should be treated with a clean washcloth or gauze. Press gently to help stop the flow. Bleeding that lasts more than 15 minutes requires professional treatment.

Often with a mild bite, the slight swelling will cause you to reinjure the area during normal eating or speaking. Applying cold, such as a small ice cube, can relieve the swelling. Avoid foods that require vigorous chewing, and, unless necessary, don’t talk much until the swelling subsides. Taking these steps can help you avoid biting the same spot over and over.



## *Fairy floss?*

### Cotton-candy trivia

**C**otton candy...the very thought brings about visions of sunshine, carnival rides, music, and laughter. It was introduced with much fanfare at the 1904 World’s Fair in St. Louis (pun intended), and it has been a staple of such events ever since. Cotton candy is literally made of sugar spun by a special machine into a sort of wool-like substance.

It’s interesting that something made almost entirely of sugar was originally called “fairy floss.” Although it seems that the fluff disappears the moment it touches your tongue, it’s actually converted into a very sticky substance that clings to teeth. Washing the occasional cotton candy down with plenty of water and brushing as soon as you get home minimize the damage, however. In fact, in spite of its short list of ingredients, a serving of cotton candy doesn’t contain as much sugar as an average soda. That doesn’t mean you should choose it regularly as a snack, though. Just remember to pull out some real floss when you’re done with the fairy floss, and you should be fine.



## Bottled water not best for teeth

**E**veryone seems to be sipping bottled water these days. Whether it’s spring water, vitamin enriched, or subtly fruit flavored, having your own take-along bottle is trendy and considered healthy by many. After all, aren’t eight glasses per day recommended, and by sipping all day, aren’t you getting the moisture and hydration you need?

Well, yes and no. Sure, water is good for your body, and drinking it all day long does keep you well hydrated, but bottled waters are not the best choice for teeth. There are two main reasons for this:

1. The acids and sweeteners in flavored waters can erode enamel and encourage bacterial activity that leads to decay.
2. The lack of fluoride in most bottled waters means that teeth aren’t getting the protection they need from that important additive.

Ingredients such as fructose and sucralose are not natural sugars, but neither are they completely safe for teeth. The fact that people tend to sip these waters all day long means that teeth are being continually bathed in these additives and acids. Using a straw would help, but carrying a bottle filled with plain, safe, fluoridated tap water would be a better choice for teeth and for your overall health.

**Catherine L. Forster, D.D.S., Inc.**

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*Here's your dental newsletter!*

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## Registration form for **Great Strides**

We are asking for your help in making Great Strides! On Saturday, May 5, 2007, the Canton Great Strides Walk-A-Thon for Cystic Fibrosis will be held at McKinley Senior High School.

Cystic fibrosis (CF) is a genetic disease that affects more than 30,000 children and adults in the United States. A defective gene causes the body to produce abnormally thick, sticky mucus. The abnormal mucus impairs digestion and leads to chronic and sometimes fatal lung infections. Currently, there is no cure for CF; however, new therapies and treatments are being developed.

**In-Kind Donors:** You or your organization can choose to donate an item of your choice to the walk, including food, drinks, goodies, etc.

**Team Leader:** Simply ask 5-10 of your closest friends, family members, or colleagues to join your team!

Remind your walkers of the date of the walk and their \$150 fund-raising goal.

Remember, ask 15 people for \$10 and you're done!

**Walker:** You don't have to be on a team to walk the walk! Join ours or simply go out and do a little of your own fund raising. Just keep in mind your goal of \$150.

**Volunteer:** We always need help the day of the walk! Help with registration, hand out t-shirts, help set up the walk route, or hand out water and food to the walkers.

**Personal Donation:** \$500, \$250, \$100, \$50, \$25, other \$\_\_\_\_\_

**Corporate Sponsorship:** There is a variety of levels at which you and/or your organization may wish to become a sponsor, including:

- |  |                  |   |                |
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| <input type="checkbox"/> Kid's Corner Sponsor  | \$750 donation   |   |                |

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*Please mail or fax this form to:*

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### Office Hours

Our regular hours are  
**7:30 a.m.-5:00 p.m.**

**Appointment and Emergency**  
**Phone: (330) 492-7889**

**Web site:**  
**www.cantonsmiles.com**



**Jennifer**  
**8 years old**

**Emily**  
**10 years old**